

TWO-YEAR CALENDAR 2010-2011











What is Comprehensive Soldier Fitness? Why is it Important?

Comprehensive Soldier Fitness represents the Army's investment in the readiness of the force and the quality of life of our Soldiers, Family members and Civilians by giving the same emphasis to psychological, emotional and mental strength that we have previously given to physical strength. The program takes a holistic approach to fitness by optimizing five dimensions of strength: **Physical, Emotional, Social, Spiritual and Family.**

The program uses individual assessments, tailored virtual training, classroom training and embedded resilience experts to provide critical skills Soldiers, Family members, and Army Civilians need.

CSF marks a new era for the Army by equipping and training Soldiers, Family members, and Army Civilians to maximize their potential, and face the physical and psychological challenges of sustained operations. We are committed to a true prevention model that enhances resilience and coping skills by enabling people to grow and thrive in today's Army.

Strong * Resilient * Trained



Key Program Concepts

CSF is about enhancing the readiness and quality of life of the force. The CSF program represents the Army's investment in the readiness of the force and the quality of life of our Soldiers, Family members, and Civilians, to provide Soldiers with the critical skills they need to take care of themselves, their Families, and their teammates.

challenges. The CSF program develops the "whole person," by giving the same emphasis to psychological, emotional, and mental strength that is often given to physical strength. This enables Soldiers, Family members, and Army Civilians to more easily manage various physical and psychological challenges in their personal and professional lives along the five specific dimensions of strength.

The Army now equips and trains Soldiers, Family members, and Army Civilians mentally and physically for rigors of sustained operations.

For nearly 235 years, the Army has trained Soldiers for the physical rigors of combat. Now, the CSF program is taking a deliberate approach to equip Soldiers, Family members, and Army Civilians with the psychological tools to deal with ambiguous threats and to maximize their potential in this era of persistent conflict.

CSF is built on 30 years of science, and is based on how to think rather than what to think. Rather than provide textbook answers to real-world physical and psychological problems, the CSF program uses 30-plus years of scientific study to teach Soldiers, Family members, and Army Civilians resilience, thinking skills, and coping strategies based on how to think rather than what to think—skills not taught in normal school curriculums.

We are committed to a universal prevention model that enhances a person's resilience and coping skills.

The CSF prevention model is aimed at the entire force, not just people in crisis. CSF assessment and training enhances resilience and coping skills that enables Soldiers, Family members, and Army Civilians to grow and thrive during this demanding period of our Army.

that incorporates both virtual and classroom training. CSF applies a balanced, multi-faceted approach towards life-long learning by continuing education at all levels of the Army. The program uses individual assessment, tailored virtual training, classroom training, and embedded resilience experts to provide Soldiers, Family members, and Army Civilians with the critical skills needed to take care of themselves and their Army Family.



JANUARY * 2010

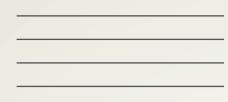
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------|---------|-----------|----------|---|------------------|
| | | | | | 1 | 2 |
| | | | | | | |
| | | | | | New Years Day | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | | | | | |
| | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | | | | The Family GAT becomes available today! | |
| | | | | | https://www.sft.ar | my.mil/sftfamily |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | | | | | |
| | Martin Luther King, Jr. Day | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |
| 31 | | | | | | |

Comprehensive Soldier Fitness:: Program Elements

The **GLOBAL ASSESSMENT TOOL (GAT)** allows you to assess yourself on Emotional, Social, Spiritual and Family fitness. Used over time, the GAT will enable you to track self-development and growth in these areas. Available for Soldiers at https://www.sft.army.mil and for Family members at https://www.sft.army.mil/sftfamily.

| National | Mentoring | Month |
|----------|-----------|-------|
|----------|-----------|-------|

| • | The Family GAT becomes |
|---|--------------------------|
| | available on January 15. |







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|---------------------|--------------------------|---------------|---------------|----------|-----------------------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | |
| | National Freedom Day | Groundhog Day | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | | |
| | | | | | Lincoln's Birthday | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Valentine's Day | | | Ash Wednesday | | | |
| Chinese New Year | Presidents' Day | Mardi Gras | Lent Begins | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | | | | |
| | Washington's Birthday | | | | | |
| 28 | | | | | | |
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Comprehensive Soldier Fitness:: Program Elements

The **COMPREHENSIVE RESILIENCE MODULES** educate and provide tools so that you can develop your strength in the four dimensions. Available online at https://www.sft.army.mil.

Notes • African American Heritage/ Black History Month



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--------|-----------------|-------------------|----------|--------|-------------------------------|
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | | | | Spring Begins Operation Iraqi |
| Daylight Saving Time Begins | | | St. Patrick's Day | | | Freedom Began (2003) |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | | | | |
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| 28 | 29 | 30 | 31 | | | |
| | | | | | | |
| Palm Sunday | | Passover Begins | | | | |

Comprehensive Soldier Fitness :: Program Elements

SUSTAINMENT RESILIENCE TRAINING builds Soldiers' inner strength to face adversity, fear and hardship with courage and confidence.







APRIL * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|---------------|-------------|-----------------------|------------------|------------------------|----------|
| Sunday | Honday | luesday | Wednesday | | | |
| | | | | 1 | 2 | 3 |
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| | | | | | | |
| | | | | April Fool's Day | Good Friday | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | | | |
| | | | | | | |
| Easter Sunday | Passover Ends | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | | | | | |
| Holocaust Remembrance | | Jefferson's | | | | |
| Day | | Birthday | | Tax Day | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | | |
| | | | Administrative | | 102 nd Army | |
| | | | Professional's Day | Earth Day | Reserve Birthday | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
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| | | | | | National Arbor Day | |

Comprehensive Soldier Fitness :: Program Elements

The **MASTER RESILIENCE TRAINING** is a 10-day course designed to train Soldiers in critical thinking that will increase a person's optimism, self-awareness and mental agility.

| | Notes |
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| • | 102 nd Army Reserve |
| | Birthday (April 23) |
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MAY * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | | 1 |
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| | | | | | | May Day |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | Cinco De Mayo | National Day of Prayer | Military Spouses Day | V-E Day Anniversary (1945) |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | | | | | Armed Forces |
| Mother's Day | | | | | | Day |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | | | | | |
| | | | Shavuot | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Pentecost | 31 Complete the | | | | | |
| 30 | GAT today! Memorial Day | | | | | |

Comprehensive Soldier Fitness :: Dimensions of Strength

PHYSICAL STRENGTH is performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

- Asian Pacific American
 - Heritage Month
- National Mental Health Month
- All Soldiers are encouraged to take the GAT by May 31.
 - Don't forget to reassess
 - yourself once a year!
- Did you know that there is
 - a GAT for Civilians too?

 Available at:
 - https://www.sft.mil/
 - sftcivilian





JUNE * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--|-----------------------------------|-----------|----------|----------------------------|----------|
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| D-Day Anniversary (1944) | | | | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | 235 th Army Birthday Flag Day | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | | |
| Father's Day | Summer Begins | GI Bill Signed into Law (1944) | | | Korean War Began (1950) | |
| 27 | 28 | 29 | 30 | | | |
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Comprehensive Soldier Fitness :: Dimensions of Strength

FAMILY STRENGTH is being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.

| | Notes |
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| | 235 th Army Birthday |
| | (June 14) |
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JULY * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | 1 | 2 | 3 |
| | | | | Canada Day | Army Air Corps Established (1926) | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Independence Day | | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | | Bastille Day (France) | | | Spanish Civil War Began (1936) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Parents' Day | | Korean War Armistice (1953) | | 235 th Army Chaplain Corps Birthday | | |

Comprehensive Soldier Fitness :: Dimensions of Strength

SPIRITUAL STRENGTH is strengthening a set of beliefs, principals or values that sustain a person beyond family, institutional and societal sources of strength.

| • | 235 th Army Chaplain Corps |
|---|---------------------------------------|
| | Birthday (July 29) |
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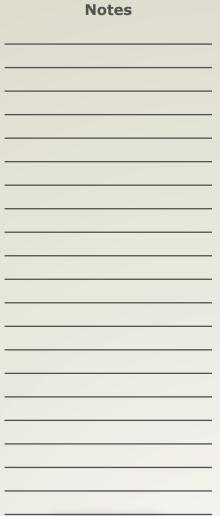


AUGUST * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|---------|---|-------------------------|--------|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Persian Gulf War Began (1990) | | 220 th Coast Guard Birthday | | | Operation Desert Shield Began (1990) |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | | Ramadan Begins | | | V-J Day Anniversary (1945) |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | | | Women's Equality Day | | |
| 29 | 30 | 31 | | | | |
| | | | | | | |
| | | | 25 | Women's | 27 | 28 |

Comprehensive Soldier Fitness :: Dimensions of Strength

EMOTIONAL STRENGTH is approaching life's challenges in a positive, optimistic way be demonstrating self control, stamina and good character with choices and actions.







SEPTEMBER * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|-----------|---------|-----------|-------------------------|--|--|
| | | | 1 | 2 | 3 | 4 |
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | | | Ramadan Ends | | |
| | Labor Day | | | Rosh Hashanah Begins | | Patriot Day |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| National Grandparents' Day | | | | | POW/MIA Recognition Day Constitution Day | Yom Kippur 63 rd Air Force Birthday |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | | | | |
| | | | | Fall Begins | | |
| 26 | 27 | 28 | 29 | 30 | | |
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Comprehensive Soldier Fitness :: Dimensions of Strength

SOCIAL STRENGTH is developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views and experiences.

| Notes | | | | | | |
|---------------------------|--|--|--|--|--|--|
| • Hispanic Heritage Month | | | | | | |
| (Sept. 15 - Oct. 15) | | | | | | |
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STRONG MINDS ★ STRONG BODIES



OCTOBER * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|----------------|---------|------------------------------------|--|--------|-----------------------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 Operation Enduring Freedom Began (2001) | 8 | 9 |
| 10 | 11 Columus Day | 12 | 235 th Navy Birthday | 14 | 15 | 16 National Boss Day |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 United Nations Day 31 Halloween | 25 | 26 | 27 | 28 | 29 | 30 |

"The CSF program will build our Family members up as the Army is currently providing very similar training to Soldiers. This training will empower them to face life's challenges with their Soldier - as a team."

Notes • Hispanic Heritage Month (Sept. 15 - Oct. 15)



NOVEMBER * 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|-----------------|--------------|--|---------------------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | | |
| | All Saints' Day | Election Day | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | | |
| Daylight Saving Time Ends | | | 235 th Marine Corps Birthday | Veteran's Day | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | | | | |
| Hajj Begins | | | Hajj Ends | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | | | | |
| | | | | Thanksgiving Day | | |
| 28 | 29 | 30 | | | | |
| | | | | | | |
| Advent Begins | | | | | | |

"The Comprehensive Soldier Fitness program is a well-designed, well-rounded, evidence-based program that focuses on five important dimensions to increase resilience and enhance performance."

Notes • American Indian Heritage Month



DECEMBER * 2010

| | | _ | | | | |
|----------------|--|-----------------------------|-----------|---------------|----------------|---------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | 1 | 2 | 3 | 4 |
| | | | | | | |
| | | | | Hanukkah | | |
| | | | | Begins | | |
| 5 | 6 | 7 Islamic New Year | 8 | 9 | 10 | 11 |
| | | Pearl Harbor Remembrance | | | Human Rights | |
| | | Day | | Hanukkah Ends | Day | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | | | | | |
| | 373 rd Army National Guard Birthday | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | | | | |
| | | | | | | |
| | | Winter Begins | | | | Christmas Day |
| 26 | 27 | 28 | 29 | 30 | 31 | |
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| | | | | | | |
| Kwanzaa Begins | | | | | New Year's Eve | |

"I believe this will be a great tool in warrior leaders course for new leaders coming into a leadership position. It helps to refine the tools you have. Some things I'll be able to use in my job and some things at home as a father and as a husband."

| • 373 rd Army National Guard |
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| Birthday (December 13) |
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JANUARY * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | | 1 |
| | | | | | | New Years Day Kwanzaa Ends |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | Martin Luther King Jr. Birthday | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | |
| 30 | 31 | | | | | |

"This program is long overdue! Building resilience, strong relationships, effective communication, capitalizing on one's strengths and becoming aware of weaknesses will only result in a more sound, well-grounded and healthier Soldier."

Notes

National Mentoring Month





FEBRUARY * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------|--------------------------|---------------|---------------------|--------|-----------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| | | | | | | |
| | | National Freedom Day | Groundhog Day | Chinese New Year | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | | |
| | | | | | | Lincoln's Birthday |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | | |
| | Valentine's Day | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | | |
| | Presidents' Day | Washington's Birthday | | | | |
| 27 | 28 | | | | | |
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"Fit, disciplined and focused on excellence, our Warriors serving today are the best of their generation."

COMPREHENSIVE SOLDIER FITNESS STRONG MINDS * STRONG BODIES

Notes

• African American Heritage/

Black History Month



MARCH **★** 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|--------|---------------|---------------|-------------------|--------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | | |
| | | | Ash Wednesday | | | |
| | | Mardi Gras | Lent Begins | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | | |
| Daylight Saving | | | | | | |
| Time Begins | | Ides of March | | St. Patrick's Day | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Spring Begins | | | | | | |
| Operation Iraqi | | | | | | |
| Freedom Began (2003) | | | | | | |
| 27 | 28 | 29 | 30 | 31 | | |
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Being Army Strong is about much more than being physically fit. It is mental and emotional strength. It is the confidence to lead. It is the courage to stand up for your beliefs. It is the compassion to help others. It is the desire for lifelong learning. It is the intelligence to make the right decision. It is making the difference for yourself, your Family, your community and our Nation.

| | Notes |
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| • | Women's History Month |
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APRIL * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | April Fool/s Day | |
| | | _ | | _ | April Fool's Day | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | | | | | |
| | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | | | | | |
| | | | Jefferson's | | Tay Day | |
| 4.7 | 10 | 10 | Birthday | 24 | Tax Day | 20 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | | | | Good Friday | 103 rd Army |
| Palm Sunday | | Passover Begins | | | Earth Day | Reserve Birthday |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |
| Factor Conde | De seeven Ford | | Administrative Professional's | | National Arbor | |
| Easter Sunday | Passover Ends | | Day | | Day | |

[&]quot;The vast majority of Soldier deploying have a positive growth experience because they are exposed to something very hard, very difficult, and they succeed."

COMPREHENSIVE SOLDIER FITNESS STRONG MINDS * STRONG BODIES

Notes

• 103rd Army Reserve Birthday (April 23)



MAY * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------|---|-----------|--|-------------------------|---------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| May Day Holocaust Remembrance Day | | | | Cinco De Mayo National Day of Prayer | Military Spouses Day | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Mother's Day V-E Day Anniversary (1945) | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | | | | | Armed Forces Day |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | | | | | |
| 29 | 30 | 31 | | | | |
| | Memorial Day | Have you taken the GAT this year? | | | | |

"The entire program has been valuable. Mental Management, Character Strengths, Building Strong Relationships all create and can continue to create and mold the Soldiers, Families, and (DA) civilians at all levels."

Did you remember to take the GAT again this year? It is a great way for you to track self-development and personal growth!

Notes

• Asian Pacific American

• National Mental Health

Heritage Month

Month





JUNE ★ 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|----------------------|------------------------|-----------------------------------|----------|--------|----------------------------|
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | | | | | |
| | D-Day Anniversary | | | | | |
| | (1945) | Shavuot | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | 236 th Army | | | | |
| Pentecost | | Birthday Flag Day | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | | | | |
| Father's Day | | Summer Begins | GI Bill Signed into Law (1944) | | | Korean War Began (1950) |
| 26 | 27 | 28 | 29 | 30 | | |
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"The most valuable take away I received thus far is the re-energized feeling of hope. This Master Resilience Trainer couldn't have come at a better time for me and my Family. I can't wait to get home and use these tools. It's like a light bulb has been turned on in my head."

| • | 236 th Army Birthday |
|---|---------------------------------|
| | (June 14) |
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JULY * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | 1 | 2 |
| | | | | | Canada Day | Army Air Corps Established (1926) |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Independence Day | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | | | Bastille Day (France) | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Spanish Civil War Began (1936) | | | | | | |
| 24 Parents' | 25 | 26 | 27 | 28 | 29 | 30 |
| Day 31 | | | Korean War Armistice (1953) | | 236 th Army Chaplain Corps Birthday | |

"This training has transformed the way I think of all aspects of my life. I personally have been in a slump in certain areas of both my personal and professional life. This training has truly been a blessing for me, 'my good stuff'."

| _ | 230 ATTITY CHapiaili Corps |
|---|----------------------------|
| | Birthday (July 29) |
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AUGUST * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|----------------|----------------------------------|-----------|---|-------------------------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | Ramadan Begins | Persian Gulf War Began (1990) | | 221 st Coast Guard Birthday | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Operation Desert Shield Began (1990) | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| V-J Day Anniversary (1945) | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | | | Women's Equality Day | |
| 28 | 29 | 30 | 31 | | | |
| | | | | | | |
| | | Ramadan Ends | | | | |

"Being 'Army Strong' is, in fact, being more than just physically fit."

BG Rhonda Cornum, Director, Comprehensive Soldier Fitness







SEPTEMBER * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------|---------|-----------|-------------------------|----------------------------|----------|
| | | | | 1 | 2 | 3 |
| | | | | | | |
| | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | | | |
| | Labor Day | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Patriot Day National Grandparents' | | | | | POW/MIA Recognition Day | |
| Day | | | | | Constitution Day | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 64 th Air Force | | | | | | |
| Birthday | | | | | Fall Begins | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |
| | | | | Rosh Hashanah Begins | | |

"All Soldiers, Family Members and DA Civilians will reap the benefits of this program, as will anyone with whom they come into contact. This program will help in all aspects of our lives, empowering us to strengthen relationships with our Families, our peers and our Soldiers."

Notes • Hispanic Heritage Month (Sept. 15 - Oct. 15)



OCTOBER \star 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|--------------------------|---------|-----------|------------------------------------|--|------------|
| | | | | | | 1 |
| | | | | | | |
| | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | Operation Enduring Freedom Began (2001) | Yom Kippur |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | | | | | |
| | Columbus Day | | | 236 th Navy Birthday | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | | | | | |
| National Boss Day | | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | United Nations Day | | | | | |
| 30 | Halloween | | | | | |

"The use of good questions and knowledge of personal strengths can change perspective and lead to positive outcomes and effective communications."

Ms. Danielle Corenchuk, Family Member

| • | Hispanic Heritage Month |
|---|-------------------------|
| | (Sept. 15 - Oct. 15) |
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NOVEMBER ★ 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|-----------|-----------------|-----------|--|---------------|---------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| | | | | | | |
| | | All Saints' Day | | | Hajj Begins | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | | |
| Daylight Saving Time Ends | Hajj Ends | Election Day | | 236 th Marine Corps Birthday | Veterans' Day | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | | |
| | | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | | |
| | | | | Thanksgiving Day | | Islamic New Year |
| 27 | 28 | 29 | 30 | | | |
| | | | | | | |
| Advent Begins | | | | | | |
| | | | | | | |

"The most valuable take away I received thus far is the re-energized feeling of hope. This [training] couldn't have come at a better time for me and my family. I can't wait to get home and use these tools in my family. It's like a light bulb has been turned on in my head."

Notes

• American Indian Heritage

Month





DECEMBER * 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|----------------|--|-----------------------------|---------------|--------|----------------|
| | | | | 1 | 2 | 3 |
| | | | | | | |
| | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | Pearl Harbor Remembrance | | | Human Rights |
| 11 | 12 | 13 | Day 14 | 15 | 16 | 17 |
| ** | 12 | 13 | 14 | 15 | | 17 |
| | | 374 th Army National Guard Birthday | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | | |
| | | | Hanukkah Begins | Winter Begins | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | | | | | |
| Christmas Day | Kwanzaa Begins | | Hanukkah Ends | | | New Year's Eve |

[&]quot;Someone said to me that we are trying to change the Army, one Soldier at a time. No, I want to change the Army one NCO at a time, because they will go back and change 10 Soldiers."

COMPREHENSIVE SOLDIER FITNESS STRONG MINDS * STRONG BODIES

• 374th Army National Guard
Birthday (December 13)

GEN George W. Casey, Jr., Chief of Staff of the Army



2530 Crystal Drive, Rm 5122 Arlington, VA 22202

STRONG MINDS * STRONG BODIES

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